Menopause, mental health, *and me*

Mental Health UK

Menopause Wellbeing Action Plan

When experiencing menopausal and perimenopausal symptoms, it is common for your symptoms and your mood to fluctuate. Many experience what they identify as 'good days' and 'bad days', but it can often feel unpredictable, which can then cause further anxiety.

This is a menopause wellbeing action plan, that you can fill in, for those 'bad' days. It is designed to help you think about the areas that can feel particularly difficult when experiencing menopausal or perimenopausal symptoms, and plan for how you, and others around you, can manage and best support your wellbeing on these days. You may want to share this plan with your manager, or trusted colleagues at work, or use it to help start a conversation about how others could support you.

There are some examples included, however you can change the questions to ones that work best for you. Remember that menopause and perimenopause is a unique journey for everyone, so it is important to think about the areas you identify, and regularly revisit this plan to ensure it is meaningful for you and specific to your needs.

Wellbeing assessment: *(what does a 'bad day' look like to you?)*

Symptoms behind a 'bad' day:
(e.g. poor sleep, high anxiety, brain fog, low energy)

Indicators and signs of a 'bad day' to me. What thoughts, feelings, behaviours have I previously noticed on 'bad' days: *(e.g. "I'm not good at this", sense of dread, lots of avoidance, loss of confidence, low self-esteem, feeling sad or low)*

Indicators and signs of a 'bad' day to others (what might others notice I do more or less of): *(e.g. I might talk less, avoid being around others, stumble with words, forget what I'm saying)*

How I might let others know that it's a 'bad' day: *(e.g. send a message to manager to flag it's a bad day)*

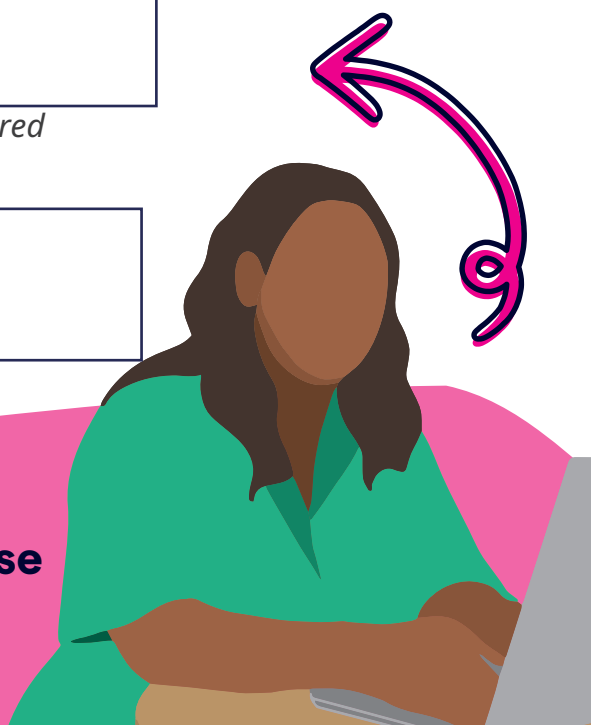
Tasks I might struggle with today:
(e.g. meeting new people, being in lots of meetings, travel)

You could help me by: *(e.g. take over the conversation in a meeting if you see me struggling with words, allow me some extra breaks)*

Please remind me: *(e.g. outstanding tasks, people's names in meetings, my strengths at work)*

Things that might hinder my work today:
(e.g. early start, back-to-back meetings/commitments, deadlines)

For today, please avoid: *(e.g. avoid setting time-pressured work, asking me to speak in meetings)*



Find out more

mentalhealth-uk.org/menopause

© Mental Health UK, 28 Albert Embankment, London SE1 7GR.
Registered Charity Number: 1170815. Oct 2026.